

## Fall Schedule 2003

### **Dog Obedience**

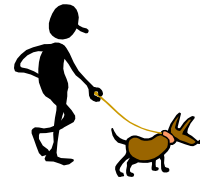
Do you have a new puppy that is in need of some manner training? What about an older dog that could use a refresher course? We offer two different classes for all of your doggy needs.

- A. Puppy Basic – This class teaches basic commands, socialization and dog attention. Recommended for puppies.  
Tuesdays, 10:00am – 11:00am Sept. 16<sup>th</sup> – Nov. 4<sup>th</sup>  
Tuesday Nights, 6:30 – 7:30pm Sept. 16<sup>th</sup> – Nov. 4<sup>th</sup>
- B. K-9 Good Citizen – This class will give you 10 steps to help your dog gain confidence and control.  
Tuesdays, 11:00am – 12:00pm Sept. 16<sup>th</sup> – Nov. 4<sup>th</sup>  
Tuesday Nights, 7:30pm – 8:30pm Sept. 16<sup>th</sup> – Nov. 4<sup>th</sup>

*Instructor:* **Betty Ann Howell**

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$75 per dog participant



### **Culpeper SOLE Runners**

Meet new friends and put some **SOLE** between yourself and the road. The Culpeper Running Club allows beginners and advanced runners to train in a social setting. For more information stop by or register by mail. Come out and train with us.

*Running Coordinator:* **Glenn Carpenter**

*Location:* Culpeper County Regional Airport

*Fee:* \$20 per person

### **Ultimate Frisbee Pick-up League**

Come experience the excitement of Ultimate Frisbee, this fast-paced team game is a hybrid between Frisbee and Football, but without the tackling. All ages and skill level are encouraged to participate. Instruction, Rules, and Lessons will be provided. This team sport is a great cardio-vascular workout that will take place in a positive social atmosphere. Come join the fun and learn a new skill and sport while you are at it!!!!

Thursdays, Sept. 25<sup>th</sup> – Oct 30<sup>th</sup>

5:00p.m. – 7:30p.m.

*Lead Volunteer:* **Jason Cook**

*Location:* Sycamore Park Elementary School Field

*Fee:* \$20 per person

## Oil Painting

Learn the basics of painting from how to prepare a canvas to composition, color mixing and completion of desired imagery. Classes are taught in oils but those already working in acrylics may bring them. Minimal-shared paint set provided but personal materials are preferred for your own intent and development. Age not important, but serious interest is. Tuesdays, Sept. 16<sup>th</sup> – Nov. 4<sup>th</sup>

6:30pm – 8:30pm

*Instructor:* **Linda Ramer**

*Location:* George Washington Carver Piedmont Educational Center

*Fee:* \$55 per person

## Beginning Guitar

Learn how to jam along with your favorite tunes by developing skills in chord patterns, strumming techniques, music theory and more. This class is for beginners with little to no experience. If you have participated in this class before, call and place your name on the advance list for the winter session.

Tuesdays, Sept. 23<sup>rd</sup> – Nov. 4<sup>th</sup>

6:30pm – 8:30pm

*Instructor:* **Darcy Canton**

*Location:* Sycamore Park Elem.

*Fee:* \$50 per person, own guitar is required!!!

## Black and White Photography

Class focuses on basic photography practice, lighting and developing of photos. You will also learn some darkroom procedures in an actual darkroom.

Mondays, Sept. 15<sup>th</sup> – Oct. 20<sup>th</sup>

6:30pm – 8:00pm

*Instructor:* **Brian Ashdown**

*Location:* George Washington Carver Piedmont Educational Center

*Fee:* \$50 per person

*Special Note:* Participants must have their own 35mm camera with manual focus lens.

Also be prepared to purchase Black and White film for photography projects.

## Digital Photography

This new age class focuses on the use and functions of a digital camera. The various types of equipment on the market will be discussed and you will learn what type of equipment will fit your photographic needs.

Mondays, Sept. 15<sup>th</sup> – Oct. 20<sup>th</sup>

8:15pm – 9:45pm

*Instructor:* **Brian Ashdown**

*Location:* George Washington Carver Piedmont Educational Center

*Fee:* \$35 per person

Special Note: If you have your own digital camera, feel free to bring it, although it is not a requirement.

## Swing Dance

Does the music of the big band era get your feet stomping and your head bobbing? We have just the thing for you! This class will teach you the popular styles of the big band dance era. Come alone or bring a friend or a family member. It promises to be fun!

Wednesdays, Sept. 17<sup>th</sup> – Nov. 5<sup>th</sup>

7:00pm – 8:00pm

*Instructor:* **John Gentile**

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$40 per person (10% discount offered to pairs)

## Ballroom Dance

Have you always wanted to learn how to dance? This class will teach you a number of the elegant dance steps seen in many of the worlds' finest ballrooms. Try the Waltz, Cha-cha, Rhumba and Fox Trot along with many others.

Wednesdays, Sept. 17<sup>th</sup> – Nov. 5<sup>th</sup>

8:00pm – 9:00pm

*Instructor:* **John Gentile**

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$40 per person (10% discount offered to pairs)

## Country Western Dancing

Have you always wanted to learn how to do the country two-step and country waltz? Come out and try the fun filled class of country specialty dances.

Wednesdays, Sept. 17<sup>th</sup> – Nov. 5<sup>th</sup>

9:00pm – 10:00pm

*Instructor:* **John Gentile**

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$40 per person (10% discount offered to pairs)

## Golden Harmony: Senior Exercise Club

A fun workout program that will get your blood flowing and muscles working! Program uses lightweights, chair exercises, hand movements and low-impact aerobics for those at the young age of 55 and up.

Class is ongoing through May

Mondays and Thursdays, Sept. 8<sup>th</sup> – May 29<sup>th</sup>

10:30am – 11:30am

*Instructor:* **Maggie Corradi**

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$4 per person/class



## Cardio Kickboxing

An exciting choreographed interval workout using blocks, punches, kicks and combinations to achieve cardiovascular conditioning, stamina, strength, improved flexibility and motor coordination.

Thursdays, Sept. 25<sup>th</sup> – Nov. 13<sup>th</sup>

6:00pm – 7:00pm

*Instructor:* **Julia Peck**

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$53 per person

## Beginner Fly-Tying

Learn the art of fly-tying to become master of the lake. Beginner fly-tying will teach you how to create life-like reproductions of insects, minnows, crustaceans, and attractor patterns along with the tools to create them. All flies are for the fish local to the Blue Ridge and piedmont area. You might even learn about the mysterious “**Woolly Bugger**”.

Tuesdays, Sept. 30<sup>th</sup> – Nov. 18<sup>th</sup>

7:00p.m. – 9:00p.m.

*Instructor:* **Bud Brune**

*Location:* Culpeper Middle School (Meet in cafeteria)

*Fee:* \$60 per person

*\*Special note – There is an additional fee of \$20 dollars for materials that will be provided by the **Thorton River Fly Shop**.*

## PC Adventures

Have you ever watched your kids fly through computer programs like they were candy and you were unsure of where to begin? Well put those days behind you and hop on the information super highway. This course is geared to what you need to know. (Minimal computer experience is required).

Monday – Thursday, Oct. 6<sup>th</sup> – 9<sup>th</sup>

6:00pm – 7:30pm

*Instructor:* **Aaron Grace**

*Location:* George Washington Carver Piedmont Tech. School

*Fee:* \$25 per person

## Seated Fitness

This is a gentle workout that incorporates cardiovascular strength, muscular strength, range of motion, and flexibility while seated in a chair. Please bring your own water and towel. These aerobic movements are geared towards those 50 years and older.

Wednesday, Oct. 1<sup>st</sup> – Nov. 5<sup>th</sup>

2:00pm – 3:00pm

*Instructor:* **Sharon Steele**

*Location:* Culpeper County Library (Large Meeting Room)

*Fee:* \$15 per. person

## Beginning Quilting

Homespun charm with modern technology, learn how the basics of quilting work with today's equipment. Learn sewing maneuvers with different designs and angles.

Wednesday, Sept. 24<sup>th</sup> – Oct. 29<sup>th</sup>

6:00pm – 8:00pm

*Instructor:* **Joyce Calhoun**

*Location:* Pearl Sample Elementary School

*Fee:* \$35 per person

## Tot Time

Time to get your child involved with others in a social atmosphere. Sign your child up to participate in a wide variety of activities that will allow them to increase their social and play skills. Parents, stay, meet new friends and enjoy a playful atmosphere. Ages 2 – 4.

Mondays and Wednesdays, Oct 6<sup>th</sup> & 8<sup>th</sup> – Nov. 17<sup>th</sup> & 19<sup>th</sup>

10:00am – 11am

*Instructor:* Dr. Harnum (a.k.a: Lisa Lenig)

*Location:* Hazel River Armory E. Davis St.

*Fee:* \$30 per. person

## Horse Back Riding at Andora Farm

Experience the true meaning of Horsepower. Signup for Western Style horseback riding lessons today. Lesson programs can accommodate anyone from the seasoned rider to someone wanting to enjoy the experience for the first time. Each person will receive personal attention from the instructor and a top quality horse will be provided. Lessons will be held in the large lighted arena. Bathroom and shower facilities are on site. Sign-up today, space is limited. Families are encouraged to stay and watch their loved ones participate.

Thursdays, Sept. 25<sup>th</sup> – Oct. 30<sup>th</sup>

5:00pm – 6:00pm

*Instructor:* **Andora Staff**

*Location:* Andora Farms (2 miles outside of town on Rt. 3)

*Fee:* \$125 per. person

## Purefitness: Pilates

Pilates is the integration of body and mind. The class will focus on mat work to increase the body's core stability, improve balance and posture. You will leave this class feeling refreshed and not exhausted. The class will be tailored to all ages and fitness levels.

Tuesdays & Thursdays, Sept. 16<sup>th</sup> & 18<sup>th</sup> – Oct. 28<sup>th</sup> & 30<sup>th</sup>

10:15am – 11:00am

*Instructor:* **Purefitness Staff**

*Location:* PUREFITNESS: 509 S. Main St. Suite 131

*Fee:* \$75 per person

## Purefitness: Yoga

Learn about the many benefits of yoga. Learn to manage stress, reduce tension, and enhance oxygen intake.

Mondays & Wednesdays, Sept. 15<sup>th</sup> & 17<sup>th</sup> – Oct. 27<sup>th</sup> & 29<sup>th</sup>

6:40pm – 7:40pm

*Instructor:* **Purefitness Staff**

*Location:* PUREFITNESS: 509 S. Main St. Suite 131

*Fee:* \$75 per person (for all classes)

\$50 per person (for one session per week)

- When registering please indicate on registration form if you are signing up for 1 class per week or two class per week schedule, note the price difference above.

## Adult Volleyball

Come on out and join the fun! It is time to increase your fitness and meet new people.

Lets play some VOLLEYBALL!

Wednesdays, 6:00pm – 8:30pm

September 17<sup>th</sup> – November 19<sup>th</sup>

*Lead Volunteer:* **Kevin Mozingo**

*Location:* Culpeper High School Gymnasium

*Fee:* \$35 per person

## PUREFITNESS: Aerobics / Step Class

The PUREFITNESS Aerobics / Step Class consists of three different workouts. Each class works a different muscle group and increases confidence every step of the way.

The different workouts are listed below, Day Care is provided!

**Lo N' Lean:** A low impact, high intensity workout for all populations, especially beginners to exercise. Cardio, strength, flexibility and stretching complete this incredible yet relaxing workout. (***Mondays***)

**Interval / Weighted Step:** This workout combines intervals of Step with light hand held weights and strength training in intervals using Dynabands, Theratubes, and weighted bars. ALL LEVELS (***Wednesdays***)

**Total Body Conditioning:** Re-contour your body through muscle strengthening and shaping resistance exercises using hand weights, tubing, Body Bars, Exerballs and Dynabands. Improve muscular endurance; correct body alignment and help prevent injury.

ALL LEVELS (***Fridays***)

Continuing Enrollment: M, W, F

Sept. 15<sup>th</sup> – Dec. 12<sup>th</sup> 9:00am – 10:00am

*Instructor:* **Leslie Maryk**

*Location:* PUREFITNESS: 509 S. Main St. Suite 131

*Fee:* \$30 month for 3 classes per week (***paid through parks and rec.***)

*Daycare:* \$2 per hour / per child, (***to be paid at PUREFITNESS***)

## **Culpeper Teen Club 2003 – 2004 school year**

Sign-up now for next year's Teen Club now!!! Packed with activities the Teen Club has added computers with Internet access, a foosball table, and air hockey table. Participants in the program to date are Culpeper 4 – H extension, Safe and Savvy, Culpeper Town Police, and Free Spirit Karate. Not to mention the full support of staff and faculty of Culpeper County Middle School and the Teen Club staff. Next year's Club promises to be better than this year, but we cannot do it without you. Sign-ups will be held all summer at 155 W. Davis St., Suite 100. Please bring a copy of your teenager's Physical and Immunization records.

September – June

3:30pm – 6:30pm

*Instructor:* **Teen Club Staff**

*Location:* Culpeper Middle School

*Fee:* \$40 per week

## **American Heart Association CPR (Adult)**

Class focuses on chain of survival, choking, and symptoms of a heart attack. Perform the actual skills of CPR.

Saturday, September 27<sup>th</sup> 9am – 12pm

*Instructor:* **Verna Mae Bretschneider**

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$25 per person

Note: Book and Certification Card Included



## **American Heart Association CPR (Infant/Child)**

Class focuses on chain of survival, choking and prevention of accidents.

Sunday, October 5<sup>th</sup> 2pm – 5pm

*Instructor:* **Verna Mae Bretschneider**

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$25 per person

Note: Book and Certification Card Included

## **American Safety Health Institute (ASHI) First Aid and Safety**

Topics to be discussed are heart attack, stroke, diabetes, seizures, severe bleeding and more. Practical experience will include splinting, bandaging, choking recovery and more.

Saturday, October 18<sup>th</sup> 9am – 3pm

*Instructor:* **Verna Mae Bretschneider**

*Location:* 303 N. Main Street, 2<sup>nd</sup> Floor

*Fee:* \$25 per person

Note: Book and Certification Card Included





## **White Buffalo: BEGINNING HORSEMANSHIP**

An introductory class addressing the basic skills and knowledge necessary to work with horses.

Subjects covered:     Hoof to tail,  
                              Safe handling & grooming,  
                              How to tack a horse properly,  
                              How to care for equipment & their applications.  
                              Moment of truth mount – the proper “mount”.

Mondays, Sept. 22<sup>nd</sup> – Oct. 27<sup>th</sup> 6pm – 8pm

*Instructor:* **Judy Watson**

*Location:* White Buffalo Farm

*Fee:* \$70

Note: Wear hard shoes & clothing for outdoors

## **White Buffalo: HORSE HEALTH CARE**

General horse health concerns will be explored with emphasis on maintenance and preventive care.

Subjects covered:     How to organize a health care record book.  
                              Immunizations,  
                              How & when to de-worm your horse.  
                              Study the life cycle of worm parasites.  
                              Teeth & dental care,  
                              The most common horse diseases, treatment, & prevention.

Tuesdays, Sept. 23<sup>rd</sup> – Oct. 28<sup>th</sup> 6pm - 8pm

*Instructor:* **Judy Watson**

*Location:* White Buffalo Farm

*Fee:* \$70

## **White Buffalo: HORSE GROUND TRAINING**

This class will deal with the progressive training of the horse from the ground. Class will teach how to address the horse in a positive, dominate manner and build on that relationship to develop the responses desired in training.

Skills covered:     Handling, Leading & Longeing,  
                              How a Horse Learns,  
                              Work in Hand,  
                              Parallel Leading & Parallel Longeing,  
                              and Longeing on circle.

Thursdays, Sept. 25<sup>th</sup> – Oct. 30<sup>th</sup> 6pm - 8pm

*Instructor:* **Judy Watson**

*Location:* White Buffalo Farm

*Fee:* \$70

## **Positive Parenting**

Learn to enjoy your child more by learning effective parenting skills. A question and answer group lead by Dr. Harnum. Topics will address a variety of issues that occur in different social settings. Class participation is greatly encouraged. Childcare will be provided during these sessions.

Mondays and Wednesdays, Oct 6<sup>th</sup> & 8<sup>th</sup> – Nov. 17<sup>th</sup> & 19<sup>th</sup>

11am – 12pm

*Instructor:* Dr. Harnum (a.k.a: Lisa Lenig)

*Location:* Hazel River Armory E. Davis St.

*Fee:* \$35 per. person

## **Ballet, Tap, & Jazz**

Join our dance classes and be a part of our spring recital. Classes are available for ages 4 and up with different skill levels available. The forms of dance taught are determined by each class's skill level. Scheduling of classes is Monday, Wednesday, Friday, and Saturday with different times for each class. Classes are held on a weekly basis and fees are collected monthly. The ranges of fees are \$30 - \$40 a month per class. Further information will be provided by the instructor.

\*The instructor will hold registration on **Saturday, August 16, 2003 from 1:00p.m. – 6:00p.m.** at the class location which is 303 N. Main St., 2<sup>nd</sup> floor.

### **CLASSES BEGIN THE WEEK OF SEPTEMBER 3, 2003**

1. **AGES 4 – 5 BALLET AND TAP:** Class will meet every Friday from 5:30 – 6:30 p.m. \$30/per month
2. **AGES 6 – 8 BALLET AND TAP:** Geared towards the beginner or intermediate student. Class will meet every Friday from 6:30 – 7:45 p.m. \$35/per month
3. **AGES 9 – 11 BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Wednesday from 5:30 – 6:45 p.m. \$35/per month
4. **AGES 9 – 11 INTERMEDIATE TO ADVANCED BALLET, JAZZ AND TAP:** Class will meet every Monday from 5:30 – 7:00 p.m. **At least two years prior dance instruction is necessary for this class.** \$40/per month
5. **AGES 12 AND OLDER BEGINNER BALLET, JAZZ AND TAP:** Class will meet every Monday from 7:00 – 8:30 p.m. \$40/per month

**AGES 12 AND OLDER INTERMEDIATE/ADVANCED BALLET, JAZZ AND TAP:** Class will meet every Saturday from 11:00 – 12:30 p.m. **At least two years prior dance instruction is necessary for this class.** \$40/per month

*Instructor:* **Lorrie Kilby**

*Location:* 303 N. Main St., 2<sup>nd</sup> floor.

*Fee:* \$30 – 40 per. person

## **Tae Kwon Do for the Whole Family**

Tae Kwon Do is the ageless Korean martial art that offers **Fitness, Self-Defense** and **Self-Confidence** to every member of the family from school age to the eldest. This is a “beginners” class offered as introduction to “*The Way of the Hand and Foot.*” Each class member progresses at his/her own rate. Tae Kwon Do focuses on personal development of mind and body. To say that it is just self-defense would be to lose most of the valuable ideals and philosophy behind this ancient art. Personal development has never been so much fun!

Tuesdays and Thursdays, September 16<sup>th</sup> & 18<sup>th</sup> – November 18<sup>th</sup> & 20<sup>th</sup>

6:00pm – 7:00pm

*Instructor:* **American Taekwondo Association**

*Location:* Farmington Elementary

*Fee:* \$65.00 per person

### **Dept. and Class closings....**

The parks and recreation department will be closed on all county holidays. Classes are cancelled for inclement weather if the school decides to close for inclement weather. The department reserves the right to close a class at any time for any give reason.

### **What!?! , The class is cancelled.**

Sorry, but sometimes excellent courses with awesome instructors are cancelled if everyone waits until the last minute to register. We make a decision approximately 4 days prior to a course start date to allow for proper preparations. Minimum class numbers must be registered at that time to avoid cancellation. Please register early to avoid disappointment for yourself, others, and the instructor.

### **Registration Policy**

Registration for all of our recreation activities can be done at the Departments Main office, located on 155 W. Davis St., Suite 100. You can also mail in the registration notice that is located in the Culpeper Minutes along with your payment. All registered participants will be notified and given a complete refund if the program is cancelled. No phone registration will be accepted. Pre-registration is suggested, as all of our classes are limited in size. We accept cash and checks made out to Culpeper County Parks and Recreation. At this time we do not accept credit cards for payment.

### **Oops!!!**

The Culpeper County Parks and Recreation Department staff has made every effort to prepare this section of the Minutes as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Culpeper County Parks and Recreation Department reserves the right to make any such adjustments. The Parks and Recreation Department apologizes for any inconvenience these errors or adjustments may cause.